

### Specification Amendment

[0031] The keyed protrusion member 9 is in turn fixedly attached with an attaching means 2 to a receiving end 11, which is fixedly attached to preferably both ends of the weight lifting bar. The preferred attaching means is a threaded screw 10, wherein the keyed protrusion member 9 can be easily removed from the weight lifting bar 4 if maintenance is required. Alternately, other types of attaching means can be effectively utilized.